## Hampden Summer Basketball -Day Camp

**When:** July 11- 14

**Cost:** \$120

Where: Hampden Academy Time: 9:00AM-3:00PM

**CAMP FEATURES** 

\* Camp Basketball

situations

Who: Boys in Grades: 3 through 8

\* Personalized instruction from qualified

\* Opportunity for players to apply skills

learned in a variety of competitive and fun

\* Stations include work in shooting, defense,

coaches and current HA athletes.

ball handling and footwork.



## TYPICAL DAY AT

## **CAMP**

- 9:00 Opening Remarks/Stretch/Ball Handling
- 9:30 Skill Stations
- 10:30 Camp Games
- 11:00 5v5 Games
- 12:00 Lunch (bring your own)
- 12:30 Camp Games
- 1:00 Skill Stations
- 2:00 Lecture
- 2:15 5v5 Games
- 2:55 Closing Remarks
- 3:00 Head For Home

Please return Registration Form and inquires to:

Russ Bartlett, c/o Hampden Summer Basketball 89 Western Ave, Hampden, ME 04444

Email: rbartlett@rsu22.us

Phone: 570-1976

## **Important Information**

- \* Lunch will not be provided. Campers can drop off their lunch with their coach when they arrive. Water will be provided.
- \* Family members are welcome to watch any part of the day.
- \* Family Members should plan on dropping off and picking up their campers at Hampden Academy.

| REGISTRATION FORM Please make checks payable to: Hampden Boys Basketball |                      |         |                   |      |
|--|----------------------|---------|-------------------|------|
| NAME:  |                      |         |                   |      |
| ADDRESS:   |                      | _ CITY: |                   | ZIP: |
| AGE:   | GRADE AS OF SEPT '16 | :       | _ Parent Email: _ |      |
| Name of Parent/Guardian :  |                      |         | Phone:            |      |